CLÍNICA VIVALDI · FREE SHEET · SEXUAL DYSFUNCTIONS

# Genito-pelvic pain/penetration disorder

Intense pain, fear or muscle tension before penetration, which makes it difficult or prevents it (including former vaginismus).

## COMMON SIGNS

- Pain during sex
- Involuntary muscle contraction
- Fear and avoidance

## TIPS FOR YOU

1. Gynaecological and pelvic floor physiotherapy assessment
2. Gradual exposure without pressure
3. Sex therapy

## FOR FAMILY AND FRIENDS

1. Never force anything: respect is the basis of treatment
2. Explore other forms of intimacy

## WHEN TO ASK FOR HELP

1. See a gynaecologist and a pelvic floor physiotherapist
2. If the pain is intense or comes on suddenly

## TO OBSERVE AND NOTE DOWN

☐ I feel pain during penetrative sex
☐ My muscles tense up without me meaning them to
☐ I'm afraid it will hurt
☐ I avoid sex because of the pain
☐ I find it hard to use tampons or have check-ups
☐ It has been happening for months
☐ It causes me distress or relationship problems
☐ I feel guilty or frustrated

## FREE RESOURCES

- Online test and tips: clinicavivaldi.com/en/trastorno/trastorno-de-dolor-genito-pelvico-o-de-la-penetracion
- Free guide: Couples: clinicavivaldi.com/en/guia-pareja
- In Spain: 024 suicide crisis line (24 h) · Emergencies 112

Educational information, not a diagnosis. Clínica Vivaldi · Calle Chiva 25, door 5, 46018 Valencia, Spain · +34 611 07 74 69 · clinicavivaldi.com